



## Evidence-Based Disease and Disability Prevention Program & Recovery Act Chronic Disease Self-Management Program

### Massachusetts State Profile

The Evidence-Based Disease and Disability Prevention Program increases older adults' access to effective interventions that helps to reduce their risk of disease, injury, and disability. In 2010, the Recovery Act Chronic Disease Self-Management Program expanded state-led partnerships involving the aging and public health networks to implement evidence-based prevention programs at the community level that help older adults better manage their chronic diseases. This profile provides a brief synopsis of how each state and community organizations are delivering evidence-based prevention programs to meet the needs of the older adults and communities they serve.

The Evidence-Based Disease and Disability Prevention Program grant and the Recovery Act Chronic Disease Self-Management Program grant were awarded to the Massachusetts Executive Office of Elder Affairs. These programs are offered in collaboration with the Massachusetts Department of Public Health.

**If you would like to learn more about evidence-based programs offered in your area, please contact:**

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**Program Website:** <http://mass.gov/dph/healthyaging>

### Evidence-Based Programs Offered

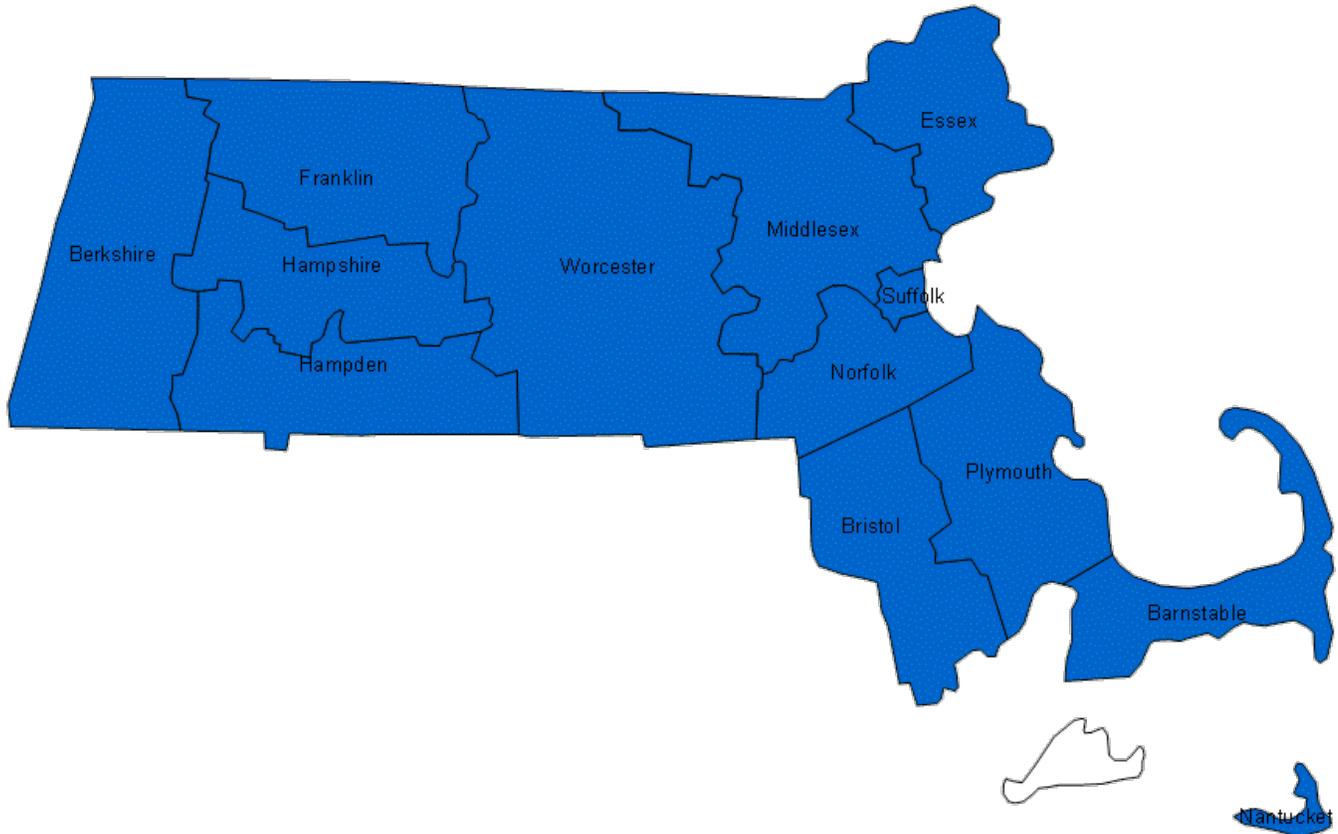
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Tomando Control de su Diabetes (Spanish DSMP)
- A Matter of Balance (MOB)
- Healthy Eating (HE)

### Statewide Program Reach (as of September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP & DSMP	191	2,599
MOB	85	1,411
HE	147	1008

- Programs are offered in settings such as Area Agencies on Aging, faith-based organizations, health care organizations, multi-purpose social services organizations, residential facilities and senior centers.

### Counties Offering Evidence-Based Programs



**To find out more information about the state’s Evidence-Based Disease and Disability Prevention Program grant and the state’s Recovery Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program grant, contact:**

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